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Loran Morrison
 in Halifax
 on Sunday.
 JEFF HARPER/METRO

HALIFAX HEROES

A SHINE-ING EXAMPLE

Student's free tutoring program gets an A+ plus from us

metroNEWS

Province feelin' 'Trump Bump'

TOURISM

Cape Breton still the talk of many ahead of the U.S. election

At first, the story of the cheeky Canadian website that encouraged Americans to move to Cape Breton to avoid the possibility of a Donald Trump presidency seemed like a typical viral craze that would quickly flame out and fade away.

Now, almost nine months later, the man who created the online sensation says that on the eve of one of the most anticipated elections in U.S. history, the "Cape Breton if Donald Trump Wins" website is still generating debate, discussion and genuine inquiries from Americans curious about moving to Nova Scotia's rugged northern island.

Rob Calabrese, a radio announcer in Sydney, who describes himself as a political nerd, said the website has generated more than two million visits and about 6,000 contacts, including the following inquiry Friday from Massachusetts: "We're interested in buying a house or vacation

place near the coast in Cape Breton. Can you recommend an area? ... Looks like a beautiful place, with or without Trump."

Consulting a spreadsheet he compiled from the website's data, Calabrese said he's received questions about specific industries, like the IT sector, and inquiries about job prospects.

More importantly, he said he has learned that, regardless of the political upheaval in the United States, the people reaching out to Cape Breton seem to have one thing in common. "There's very little difference between Canadians and Americans, Germans, Guatemalans or the Vietnamese,"



He makes people afraid. That's why I made the website.

Rob Calabrese

he said. "Everyone is just looking for a safe place with opportunities for their children. It's like that everywhere ... I've learned that Cape Breton is a place that people want to come to."

Mary Tulle, CEO of Destination Cape Breton, says the so-called Trump Bump has kept tourism rolling along, with overnight accommodations jumping 14 per cent between January and August when compared with the same period last year. On mainland Nova Scotia, the rate increased by only three per cent.

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‘We wanted excitement and we survived. It’s a matter of luck.’

REMEMBRANCE WEEK

New exhibition pays tribute to Canadians who fought in wars



Zane Woodford
Metro | Halifax

Angus McDonald is 90 years old, but he was just a 17-year-old when went to war.

“We were young ... We wanted to get excitement, and we survived,” said McDonald, a Halifax man who served in the British Merchant Navy in the Second World War.

“It’s a matter of luck, you know.”

Many he served with weren’t so lucky, and McDonald wants all Canadians to take the time to remember their sacrifice, and to make sure that history doesn’t repeat itself.

“I think it’s important to remember what could happen,” he said.

McDonald was at the Halifax Central Library on Sunday to see the From Vimy to Juno exhibit, which “tells the story of Canadians who served in the First and Second World War and creates a connection between the two most important sites in France to Canada, which is Vimy Ridge and Juno Beach.”



Angus McDonald, retired member of the British Merchant Navy, at a special open house to mark the start of Remembrance Week at the Halifax Central Library on Sunday. JEFF HARPER/METRO

“

Everyone who went overseas in the two World Wars passed through Halifax. Jenna Misener

”

“I think people are really moved by this exhibit because it creates that connection between these two sites and between the World Wars,” said

Jenna Misener, executive director of the Juno Beach Centre, which organized the exhibit.

“I think it forces people to look back at their own family

history, and look at their own local history, which is something that’s really important to do, not just around Remembrance Day, but year round.”

The best way to honour our veterans year round, Misener said, is to exercise the rights that they fought for.

“I think it’s just a matter



Some of the From Vimy to Juno exhibit. JEFF HARPER/METRO

of being more reflective, and being an engaged citizen,” she said.

“We’re in an election period in the States right now, we’ve just had an election in Canada, and I think that’s the ultimate way to honour the sacrifice of veterans, is to exercise your democratic freedoms.”

The travelling exhibit has stopped in 18 cities across the country, and it’s in Halifax for the week of Remembrance Day for a reason.

“Everyone who went overseas in the two World Wars passed through Halifax. Pier 21 was the last stop before they went over, and it was the first

stop when they came back,” Misener said.

“Halifax is rich in military history, and everyone who served has a connection to this place.”

+

CHECK IT OUT

The From Vimy to Juno exhibit is at the Halifax Central Library every day this week till next Sunday, but Misener recommends checking it out by Thursday as the library will be closed for Remembrance Day.



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'Standing Rock will not stand alone': Protestors

FIRST NATIONS

Haligonians show solidarity with indigenous activists in U.S.



Alex Quon
For Metro | Halifax

The Standing Rock Reservation is a long way from Halifax, but one Mi'kmaq elder says the fight there affects people across the globe.

"There comes a time in history when you have to take a stand and that time is literally right now," Mi'kmaq elder Billy Lewis said. "This is not a friendly discussion, either you take a side and stand for the land or stand aside. Period."

More than 100 people gathered in Victoria Park on Saturday before marching through Halifax in a display of solidarity



Children lead the way during Saturday's protest in Halifax. ALEX QUON/ FOR METRO

with the indigenous people of the Standing Rock Reservation in the United States.

The protesters called on governments across the world to respect indigenous rights and end the planned Dakota Access pipeline. Members of the Stand-

ing Rock Reservation say the pipeline could contaminate their water supply and disturb cultural sites like a nearby burial ground.

Lewis said he was happy with the turnout but wished more people had attended.

"Once the word gets out and

people start realizing the importance of water and the land then people will start showing up. Their lives are on the line, not just us as indigenous people, but everyone across the world," he said.

Many supporters held signs

These companies are just looking for the quick profit.

David Ladouceur

sporting slogans like "Water is love" or "No DAPL", an acronym for the Dakota Access pipeline. Before the march got under way a group of supporters started singing the Mi'kmaq honour song with others accompanying them on hand drums.

Children led the march carrying a banner that read "Standing Rock Will Not Stand Alone."

David Ladouceur came to the march carrying a Mohawk Warrior Flag. For Ladouceur the flag symbolizes his belief that all people are united under one sun.

He says it's important for those on both sides of the dispute to remember. "We as indigenous people have to look out for our children," Ladouceur said.

ROADS

Woman killed in crash on highway

A young woman is dead and two children are in hospital after a vehicle left a highway and drove into a ditch near Halifax.

The RCMP say the single-vehicle accident happened just after 7 p.m. Sunday between Exits 18 and 19 on Highway 107 in Lake Echo.

In a release, Halifax RCMP say a vehicle with the woman and two children inside "suddenly ran off the road and into a ditch."

The driver, a 24-year-old woman from East Jeddore, died at the scene. Children aged 9 and 13 were taken to the IWK Health Centre in Halifax with non-life threatening injuries.

THE CANADIAN PRESS

The cause and circumstances of the fatal collision are still under investigation.

RCMP

IN BRIEF

Homeowner fires gun at would-be robber: RCMP

The victim of an apparent home invasion in Nova Scotia fired a gunshot at the suspect as he fled the scene.

The RCMP in Lunenburg County say around 12:15 a.m. Sunday, a man tried to force his way into a home on Pig Loop Drive in Chester.

When he couldn't get in, the RCMP say he fled the scene, and the homeowner ran outside and "discharged a firearm." No one was hurt. METRO

Halifax police don't believe sudden death suspicious

Halifax police say they were called to a sudden death in

the city on Sunday morning.

Around 8:45 a.m., police went to the 200 block of Brunswick Street after a 35-year-old man was found dead beside a residence.

"At this point in the investigation there appears nothing suspicious," a Halifax Regional Police statement later reads. METRO

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Young woman's free tutoring sees kids thrive, become leaders



Yvette d'Entremont
Metro | Halifax

Being a second year medical student at Dalhousie University keeps Loran Morrison busy.

But not so busy she doesn't find hours each week to devote to a successful free tutoring program she co-founded in north end Halifax.

In 2006 Morrison moved to Halifax from Truro for university. Looking for a way to contribute to her new community, she started volunteering with a literacy program at the Halifax North Memorial Public Library.

She quickly learned about the need for math tutors for young students. She gladly offered her services, starting with one child. That quickly grew to three and then seven. As she worked through her physics degree, she was tutoring 10 kids a week.

"There weren't kids trying to go from marks in the 70s up to 90s. They were getting 40s and wanting 50s," Morrison recalled.

"They were at a higher risk for drop out or falling really behind in school. I loved it and it was the highlight of my week, but I was also working and getting pretty overwhelmed."

In 2012 she crossed paths with Chloe Zinck, who suggested Morrison's connections with numerous university math and science students could be helpful. The pair



What started as volunteering in a local literacy program led Loran Morrison and her friends to found a tutoring program called SHINE for kids from elementary school to Grade 12. JEFF HARPER/METRO

worked together to create something bigger.

"I always thought of doing something, but she put the gas in my tank to get me moving," Morrison said.

That was the birth of SHINE, which stands for Supporting, Helping, and Inspiring through Non-profit Education.

The free tutoring program is designed to make learning math and science fun "by nurturing the academic abilities of all students."

She found eight university friends who helped tutor 10 children. By September of

"It might not be something I'm paid for, but I would argue that it is the most valuable thing I've ever invested my time and energy in. Ever. Loran Morrison

2013, SHINE started the academic year with 25 students.

So far this school year, they have 40 students enrolled in the program.

"When we started it was with kids mostly in junior high, but they moved to high school and still wanted help, then a couple asked about

tutoring for students in elementary school," she said.

"We eventually expanded from this little junior high group to a program offering tutoring from primary to Grade 12. It kept growing."

Some of the program's students have gone on to university, including one who studies

at the Dalhousie library with Morrison from time to time.

All four students who graduated from SHINE and remained in Halifax for university are now volunteer tutors with the program.

"It's magical. Something was in the air and it somehow worked. I don't know if it's the snacks or the close age of the tutors to the students or if it's that team feeling when they come," Morrison said.

"Whatever it is, these kids come back every year. It's mandatory to come every week even if you don't have school

+ 'RAY OF SUNSHINE'

Good deeds recognized

Co-founder Chloe Zinck nominated Loran Morrison as a Halifax Hero because of her tireless efforts on behalf of SHINE students.

"There are many helping hands behind the scenes such as myself, Jackie Nguyen, Lana Pinsky, and many more," Zinck said. "However, it is Loran's tireless efforts and constant ray of sunshine that makes SHINE do just that. Shine."

This is one in our series of weekly profiles of unsung volunteer heroes in our community, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes

work, so even if they don't have school work they come so they don't lose their spot with SHINE."

Morrison said her greatest reward is watching young people who lack confidence in their own abilities go through the program and graduate from high school as ambitious, driven young people eager to become leaders in their communities. While some may need help mostly with school work, others benefit even more from the mentorship.

"I will never not do SHINE. It might not be something I'm paid for, but I would argue that it is the most valuable thing I've ever invested my time and energy in. Ever," she said. "There's nothing that can compare."

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HAL-CON MOVIE, COMIC AND VIDEO GAME CHARACTERS COME TO LIFE IN NOVA SCOTIA Thousands attended Hal-Con on the weekend in downtown Halifax, with many dressed in costumes. Here's some of our favourites. From left, Becky Mailman poses dressed as a Paladin from World of Warcraft; Shane Peters is a member of the Maritime Ghostbusters; (bottom right) Kate Henry, Mitchell Aucoin, Emma Fisher, Sue Kim strike a pose as characters from Dragon Age; and finally, (top right) Samantha Babin a.k.a. Harley Quinn promises to be careful with that hammer. ALEX QUON/METRO

Fight for women to stay in Canada

IMMIGRATION ISSUES

Advocates say these cases are unusual, but not uncommon

They have been deemed women without status for failings dating back to their childhoods, say their supporters.

They have spent much of their lives in Canada, had children, voted and held down jobs, but now find themselves facing deportation because of immigration issues that were never resolved when they were brought to the country as children and ended up in the care of the state.

Advocates fighting for three Nova Scotia-based women to remain in Canada say their cases are unusual, but not uncommon.

And they're hoping attention around their plight prompts governments to address what they say is a gap in youth protection policies for young people that become wards of the state, but whose residency status is not addressed by children's aid workers, foster families or their biological parents.

"There is this legal gap that no one is really looking at because it doesn't strictly fall under child protection, it doesn't strictly fall under criminal law, it doesn't strictly speaking fall under refugee law," says

Emma Halpern, a lawyer with the Elizabeth Fry Society who is handling the women's cases.

"So it's hard to figure out who is going to put all of the pieces of this puzzle together so that we don't end up with extremely vulnerable people in our society losing their ability to stay in a country they've lived for their whole lives."

Halpern handles cases only

involving women through the Elizabeth Fry Society, but the problem similarly affects men across the country. In many cases, they only become aware of their lack of citizenship when they get in trouble with the law as adults and face the prospect of deportation.

The issue gained prominence recently when Floss Cramman, a 33-year-old woman who grew up

in Ontario, learned that she was to be deported back to England despite having left the country with her family when she was eight. Cramman, whose four young daughters were born in Ontario, only became aware that she was not a Canadian citizen following a drug conviction and incarceration.

It was discovered that her parents and several foster care families that took her in at the age of 11 did not secure her Canadian citizenship. As a result, the Canada Border Services Agency says she will be deported by Dec. 16, despite her physician's assertion that she is in fragile health and needs to remain in the country for months to recover from surgeries done

after she was rushed to hospital from a prison facility in Dartmouth on Aug. 12.

In another case, Debra Spencer is facing deportation back to St. Vincent after she was adopted by a Canadian family at the age of eight in the early 1990s. Halpern says Spencer, who now lives in Cape Breton, was placed in foster care in Canada and later became involved in crime, leading to a conviction in 2014 that brought a two-year sentence.

Halpern is also handling the case of a teenager from Africa who came to Canada about eight years ago, but is at risk of being removed because of her residency status.

THE CANADIAN PRESS

“There is this legal gap that no one is really looking at because it doesn't strictly fall under child protection, it doesn't strictly fall under criminal law, it doesn't strictly speaking fall under refugee law. Emma Halpern, a lawyer who is handling the women's cases.

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Post-election diplomacy

Canada's neighbour elects a new president on Tuesday with either Hillary Clinton or Donald Trump to take up residence in the White House. Each are proposing different agendas for the U.S. that pose questions, opportunities and challenges to cross-border relations. THE CANADIAN PRESS

HILLARY CLINTON

Connections

Clinton is a known quantity to Canadian officials from her time as a U.S. senator and secretary of state, which has also given her an understanding of Canada's role in the world, says Gordon Giffin, a former U.S. ambassador to Canada.

Trade

Frustrations over the long-running dispute over softwood lumber could receive a boost with Clinton in the White House, as Giffin predicts Clinton would want to resolve the years-long impasse with a long-term agreement. Clinton is also likely to look for changes to the Trans-Pacific Partnership having expressed criticisms on the campaign trail to maintain support from Bernie Sanders backers.

Immigration

Canada could find itself an ally in Clinton over efforts to relocate thousands of Syrian refugees in Jordan, Turkey and Europe.



AFP/GETTY IMAGES

During the last year, more than 33,000 Syrian refugees have come to Canada, the federal immigration department reports, including about 12,000 privately sponsored refugees. Clinton wants to increase the number of Syrian refugees entering the U.S. annually to 65,000 from 10,000, and is apparently considering creating an American version of Canada's private-sponsor system.

Pipelines

Clinton has suggested on the campaign trail that she wouldn't be in favour of the Keystone XL pipeline, which Barack Obama rejected last year shortly after Trudeau officially took office. The position is a recent one for Clinton, suggesting an opening for Canadian officials.

Overall

Despite Canada's best efforts, Canadian interests could be sidelined while Clinton deals with more pressing domestic issues like resistance to her supreme court nominees, FBI agents looking through her emails, congressional Republicans who will work to thwart her agenda at every turn.

Coupled with her international obligations like involvement in the Middle East and Asia, Clinton may be hard-pressed to find a lot of time for major new issues in the Canada-U.S. relationship.

DONALD TRUMP

Connections

As a self-described outsider of American politics, Trump would have few connections to the Liberal government in the Great White North. Trudeau would have to build a relationship with a man who he has suggested holds different values than himself. And Trump has bashed Canada at various points during the campaign, specifically on health care.

Trade

Trump has been adamant that NAFTA will be no more if he can't have the document amended to his liking, and is against the Trans-Pacific Partnership. Cross-border trade could be thrown into disarray if he follows through on the promises, with officials left to sort out a tariffs regime.

Security

Canada's Syrian refugee policy could complicate work to make it



AFP/GETTY IMAGES

easier to move goods and people across the border given Trump's proposals for "extreme vetting" of Muslims from countries with terrorist ties, or to suspend visa to citizens from countries with inadequate security screening. Trump is also promising to finally implement a biometric entry-exit visa tracking system.

Pipelines

Obama rejected the Keystone XL

pipeline project one year ago, saying it wasn't in his country's national interests. The project, which would ship Alberta bitumen down to the U.S., would be given new life if Trump was president. Trump wants TransCanada to revive its application for the pipeline, which could be good news for Alberta's economy and oil companies in Canada that want a pipeline built in the coming years.

Overall

Canadian public opinion polls that show respondents favour Clinton over Trump, it's not farfetched to say the Liberals are hoping the Republican candidate doesn't win on Tuesday.

Giffin says a Trump presidency wouldn't be a fatal blow to Canada-U.S. relations: The relationship may be a little rough at the outset based on Trump's tough stances on trade and immigration, but would smooth out over time.



Majd Al Zhouri and his brother, Aghyad, with Prime Minister Justin Trudeau. CONTRIBUTED

IMMIGRATION

UN campaign highlights sponsorship program

The Al Zhouri family arrived in the Nova Scotia town of Antigonish last January as part of the first wave of Syrian refugees to Canada.

The five-member clan had lost a home and the family construction business due to fighting in the city of Homs. They were clinging to hope after three years struggling to survive in Lebanon.

The three children, Majd, Aghyad and Ranim are busy with high school studies, making up for the time they lost in between their old home and their new one.

But nearly 10 months after

arriving in Canada as privately sponsored refugees, the Al Zhouris are thriving. Father Toufic, a carpenter by trade, is making plans to rebuild the family business. Mother Rabiaa, a teacher who launched an alterations and upholstery business, recently completed a rush job sewing names and numbers onto the jerseys of the St. Francis Xavier University's men's ice hockey team.

"Now I am more than proud to say that Antigonish is our second home," Majd Al Zhouri said in a recent interview. "Everyone in my family agrees with me."



Now I am more than proud to say that Antigonish is our second home.

Majd Al Zhouri

— is being highlighted by the United Nations High Commission for Refugees (UNHCR) in a publicity campaign set to launch

in mid-November.

The campaign will feature a number of Syrian refugee families who have settled across Canada over the course of the last year, officials said.

The campaign's goal is to promote a unique-in-the-world program that allows Canadian sponsors to apply to bring specific refugees to the country with the understanding that all basic expenses and resettlement support will be provided for one year after their arrival. As of Oct. 23, the federal government says 33,239 Syrian refugees have been resettled in Canada. TORSTAR NEWS SERVICE

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Global digest

SYRIA

Shelling of preschool kills six children

Syrian activists say a rocket or mortar barrage struck a preschool in an opposition-controlled suburb of the capital, Damascus, killing at least six children.

The locally-run Education Directorate said government forces struck during recess. It said more than 25 children were wounded in addition to the six killed. The Britain-based Syrian Observatory for Human Rights also blamed government forces for the strike. THE ASSOCIATED PRESS

LIBYA

Captured Canadian safe in Italy, says employer

The employer of a Canadian citizen who was kidnapped in September in Libya says he's doing physically well after his release.

A spokeswoman for the Montreal-area Aeronav Group added the company doesn't know when Frank Poccia will be back in Canada. Poccia and two Italian men were taken hostage in Ghat, in southwestern Libya, on Sept. 19. THE CANADIAN PRESS

INDIA

Crippling air pollution prompts new measures

India's capital announced a slew of measures Sunday to combat the crippling air pollution that has engulfed the city, including closing down schools, halting construction and ordering that all roads be doused with water to settle dust.

New Delhi, one of the world's dirtiest cities, saw levels of PM2.5 — tiny particulate matter that can clog lungs — soar to over 900 micrograms per cubic meter on Saturday. That's more than 90 times the level considered safe by the World Health Organization and 15 times the Indian government's norms. The severe weekend pollution followed a week of constant grey smog.

New Delhi's chief minister,

Arvind Kejriwal, said on Sunday that schools would be shut for three days, and all construction and demolition activity halted for at least five days. He also said a coal-fueled power plant on the edges of the city would be shut for 10 days. The other measures announced include a 10-day ban on the use of all diesel-powered electricity generators, except at places such as hospitals and cell-phone towers. Starting Thursday, all major roads in the city will be vacuum cleaned once a week, Kejriwal said.

The chief minister also said people should avoid going outdoors until the pollution levels drop and should try to work from home. THE ASSOCIATED PRESS



Young Indian runners take part in the New Delhi 10K Challenge amid heavy smog in New Delhi, India on Sunday. AFP/GETTY IMAGES



Ballots being cast during early voting in Augusta, Georgia. THE AUGUSTA CHRONICLE VIA THE ASSOCIATED PRESS

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★ U.S. ELECTION ★

Projects aim to get results before the polls close

Watching the election will never be the same. While many will still tune into cable networks to follow the U.S. presidential results after voting ends, new technology and a breach of an unwritten rule in media mean some people will already have a good idea of the winner.

Real-time voting results, using methods that mimic internal campaign projections, will be publicly available for the first time Tuesday. At the same time, two projects with competing visions of election rigging have announced their intention to use web platforms to report voting irregularities as they happen.

VOTE TALLIES ON THE FLY

For decades, by convention, American television networks have refused to report exit poll data before voting closed in a

particular state, under the belief that it might influence electors. This year, Slate.com is breaking that taboo, but they're taking it a notch further.

Instead of using exit polls, which have proven to be notoriously inaccurate, Slate is teaming up with pollsters and digital strategists recruited from both parties to publish election results while the polls are still open.

The project, called Votecast, conducts extensive polling before the election, producing a detailed picture of likely outcomes in selected districts and even individual voting stations. Then thousands of workers are deployed to report voter turnout over the course of the day.

By combining live voter turnout with the earlier polling, Votecast can gauge if Hillary Clinton supporters are coming out in strong numbers and if Donald Trump voters have decided to stay home. This method, employed by presidential campaigns for decades, has proven to be a remarkably accurate predictor of actual results.

VOTE SUPPRESSION

Prompted by a wave of Republican-sponsored legislation that critics contend makes it harder for visible minorities and the poor to vote, Electionland is stitching together a network of computer programmers, observers and reporters across the U.S.

The initiative will gather leads on problems — gleaned from Internet searches, social media and volunteers on the ground — and pass them to local reporters.

By tweeting out the stories produced, the project hopes to document long lines, machine breakdowns, ballot confusion, fraudulent voting and intimidation.

VOTER FRAUD

On the other side of the aisle is a project premised on Trump's contention the election is "rigged" and individual voter fraud — a phenomenon that is statistically insignificant — could affect its outcome. A group calling itself the Vote Protectors will deploy volunteers on election day to conduct exit polls in an effort to "defeat the ever-growing corruption within our election process." TORSTAR NEWS SERVICE

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Experts say it's not a good idea to abruptly end the relationship with your financial adviser without having a new adviser waiting in the wings. ISTOCK

Switching advisors no easy task

FINANCE

Leaving your adviser? It may help to be upfront

When Deborah Ison decided to break up with her financial adviser last year, investment performance had nothing to do with her decision.

The 45-year-old human resources project manager from Burlington, Ont., was in the midst of a divorce and went to her adviser with pressing questions about her financial obligations. But rather than address-

ing her concerns, she says, he quizzed her on investment risk tolerance and retirement goals.

It was then and there that Ison decided to make a switch.

"I had walked into this office pretty much a broken person. My entire future had done a 180. I didn't know how I was going to pay my mortgage or my bills or my debts," she says.

"The furthest thing from my mind was my retirement. It seemed like an obtuse and insensitive question for him to be asking me."

Rona Birenbaum, a fee-only financial planner with Toronto-based Caring for Clients, says experiences like Ison's are often the catalyst for calling it quits

with an adviser.

"There's two things I always hear: 'I feel like I'm always being sold to,' or 'I feel like I'm being talked at or talked over.' And so it's a relationship matter," she says.

"Occasionally I hear, 'I'm not happy with performance,' but that's rarely if ever first on the list."

Notably, Birenbaum adds, clients' expectations have changed over the last 10 years.

"Whereas investors once looked to their adviser for pure investment advice, they're now demanding more," she says — whether that's tax efficiency, debt payment tips, choosing to invest with RRSPs or TFSA's, or

questions about what type of lifestyle they can afford right now.

"So they're less focused on the product selection and the product choice as they are around the whole money management and lifestyle planning matters."

Tom Feigs, a money coach in Calgary, says that if you do find yourself at a crossroad with your adviser, take the time to figure how your expectations aren't being met.

"Be clear if it's fees or communication and if it's something that can be fixed," he says.

By no means should people abruptly end the relationship without having a new adviser waiting in the wings, Feigs

stresses. "You don't want to be in limbo."

If you're firm on leaving your adviser, says Birenbaum, it's often worthwhile to be honest and upfront about it. While you're under no obligation to do that — a new adviser can handle all the transfer paperwork on your behalf — it could save time and money.

Many investors are surprised by the out-of-pocket expenses that can come with switching advisers. That could include a capital gains tax for moving non-registered accounts, as well as transfer fees of up to \$150 to \$250 per account depending on whether the new adviser will cover the costs. THE CANADIAN PRESS

UNITED KINGDOM

Brexit plan needs unity: May

British Prime Minister Theresa May has shrugged off an adverse court ruling on her government's plans to leave the European Union and maintains that Brexit will be carried out in full.

She used a Sunday Telegraph column to say her government will "get on with the job" despite a High Court ruling requiring her to seek parliamentary approval before triggering the exit process. May says the government hopes to win a reversal of that decision before the Supreme Court because an important principle is at stake.

She says Parliament voted to put the decision on EU membership "in the hands of the people" in the June 23 referendum, the vote was decisive in favour of leaving the 28-nation bloc and that choice must be respected.

Brexit offers a "great national opportunity" to "forge a bold, confident global future for Britain," said May, who spoke out in favour of staying within the EU during the hard-fought referendum campaign.

Despite May's optimism, the High Court ruling risks delaying the Brexit process that May has pledged to formally begin by the end of March.

Some in Parliament are pressuring her to spell out Britain's negotiating position before Parliament, which she refuses to do.

May's plan to invoke Article 50 to formally begin the divorce from the EU before April is almost certain to be opposed in Parliament by Scottish National Party lawmakers, Scotland's Brexit minister said Sunday. Unlike much of the UK, Scottish voters expressed a preference for staying inside the EU.

U.K. Independence Party acting leader Nigel Farage said Sunday there's a risk of unrest if British voters feel their will is being thwarted. THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I took in a bloodhound who lunges and howls, and when she shakes her head, it sends cascades of drool on people and other pooches. What to do?

Dear Ellen,

I recently ended up taking care of a bloodhound who needed a home.

I live downtown in a building with other dogs and elevators. Sometimes my dog is great. But other times, even at the dog park, she lunges and howls at other dogs. Then, frequently, she shakes her head sending cascades of drool flying into the air that land on people and pooches alike (this is also a frequent problem on any elevator trip).

Other than dragging her away with head slightly lowered and apologizing profusely, what can I say to someone in this situation?

Regards, polite owner of a rude, soggy doggy

Dear Polite Owner,

This letter is going to be a challenge for me, because I hate dogs. To be more accurate, I hate other people's badly trained dogs. They bark incessantly. They jump up on my clean clothes and their claws pull threads in my sweaters. Their breath stinks. Their fur stinks. They pass gas in the car. They lick their private parts, then shove their snouts in your face. Most revolting of all these behaviours is when they drag their rumps across the floor trying to scratch a posterior itch. I've been bitten twice.

I've never been struck by flying bloodhound drool, but I will gladly add that disgusting possibility to my list of reasons to hate canines.

I hate other people's badly trained dogs.

Now that I've got all that off my chest, I'll back up and say, okay, I don't actually hate dogs. I grew up with a border collie, who shed and stank and nipped at the heels of a passerby once in an irrepressible herding instinct, which got him sent to the farm. (Not a euphemism in this case. I saw pictures of him on the farm and he seemed happy there.) But I still loved him, so I understand how other owners might not view their own pets as the demon spawn I think they are.

It's similar to the problem of noisy, aggressive, badly trained children. They can be repulsive and nobody wants to be around

them, but it's their keepers who must be held accountable.

Thus with your bloodhound. It's considerate of you to notice the discomfort of others when your beast lunges at people and sprays them with saliva. But feeling bad about it isn't good enough. And few things are more annoying to us victims than a dog owner shrieking "Oh god I'm so sorry no REXY no!" the whole time we're being subjected to a barking, lunging, expectorating hound.

The proper etiquette here is to keep the dog away from anyone she might bother. Make sure you ride alone in the elevator, step-



© Ani Castillo

ping off if necessary when someone else gets on. Avoid other people and their dogs in the park. In situations where you can't avoid proximity to human spittle targets, put a muzzle on your mutt. If you refuse to use a muzzle, walk the dog at 4 a.m. when no one else is around.

Inflicting a badly trained dog on other people is not only rude. It's also unfair to well-trained dogs, who get lumped in and demonized with the bad ones. If you can't do it for us humans, do it for dogkind.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Time to get baking, Bill: What we should expect from the first First Man

Someone on Twitter joked that Hillary Clinton should ask Michelle Obama to stay on as first lady. It's not a bad idea: The Obamas are staying in Washington, D.C., after Barack leaves the Oval Office, so it's not like the commute will be too difficult. Instead, we're looking at getting Bill Clinton as first gentleman.

Personally, I want to see Bill Clinton reading to children in the Rose Garden. I want him on morning shows talking about his love for organic honey. I want media coverage of his health regimen and decorating style. I want to call him Bill or Billy Boy or Grandpa Bill.

I want Bill to do what Hillary did for him: Put aside decades of expertise and support the office of the president. For most of their marriage, Bill's career has defined their lives. As Hillary has ascended into the political forefront, Bill has occupied his time with charity initiatives and speaking gigs.

There have been policy-minded first ladies, but they have traditionally wielded soft power. When they attempted to be a much more political presence, they've been rebuffed. Eleanor Roosevelt worried being first lady would be constricting, but more than any other, she made the role into a public and positive good.

Lady Bird Johnson perfected this template. A

shrewd businesswoman and political mind, Lyndon B. Johnson's wife lobbied Congress on beautifying the nation's highways. It wasn't exactly a hard sell, but the experience she gained there became an asset when she campaigned for her husband's legislative agenda, especially the Civil Rights Act.

Hillary Clinton tried to walk a similar line. As first lady, she travelled the country to advocate for health-care reform. Her popularity plummeted. Afterwards, she switched to a softer focus on children's health and international human rights.

Each first lady has innovated on the job, and it may soon be Bill's turn. His historic role should be a chance to redefine masculinity. Not only do little boys and girls need to see what a female president looks like, but also what it means for her to be supported fully by her partner.

So I want to see Bill Clinton on Ellen DeGeneres dancing away. I need to see his Snapchats from inside the White House kitchens. I demand that Bill Clinton head down to Sesame Street to teach us about the letter P.

Of course, it must be said that if the forces of evil triumph, Melania Trump will likely be a traditional first lady. She has already pitched that one of her causes would be to tackle cyberbullying. Maybe she'll start by changing Donald's Twitter password.

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Rise of everyday heroines

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JANE THE VIRGIN

Jane Villanueva

The title character in a Latina-dominated show, Jane (**Gina Rodriguez**) knows her dreams and stops at nothing to attain them. Never mind the fact she is raising a newborn child, juggling a complicated love life, attending grad school and, at 24 years old, still figuring out who she is and where she's going. She is goofy, easily excited and emotional, and she is utterly lovely.



YOU'RE THE WORST

Gretchen Cutler

She's lazy, brash and doesn't always know how to be a professional. You're the Worst's anti-heroine represents all that is good and bad about being a young woman, and does so sharply and cleanly, with the shaky self-awareness that characterizes so many of us. Most poignantly, Gretchen (**Aya Cash**) has a believable depression diagnosis, one that makes her neither victim nor villain.



CRAZY EX-GIRLFRIEND

Rebecca Bunch

This satirical musical comedy pokes fun at the sexist phrase its name derives from while dispelling stereotypes and celebrating the unusual. Protagonist Rebecca (**Rachel Bloom**), who decides on a whim to leave a high-paying New York job to move to sleepy West Covina, Calif., where her ex-boyfriend lives, is at times high strung, awkward, overzealous, oblivious and over-emotional, but these traits do not make her "crazy." Rebecca's penchant for goodness remind viewers that following wild dreams is sometimes just what we need.



THE MINDY PROJECT

Mindy Lahiri

When her soon-to-be husband suggests Mindy (**Mindy Kaling**) stay home with their son, the doctor reminds him that work is also crucial to her identity as a woman and the two realities need not be mutually exclusive. She lives for the superficial and the unhealthy but her competent quirkiness is what makes her so lovable.



BETTER THINGS

Sam Fox

Struggling actress and single mom Sam (**Pamela Adlon**) is exhausted. Trying to raise three daughters alone, navigate a love life and a career, and keep one's head above water isn't easy for anyone, but Sam trucks through with a quirky cynicism and emotional depth lightened by refreshing optimism and humour.



SHAMELESS

Fiona Gallagher

Emmy Rossum's Fiona is a rough-and-tumble, take-no-prisoners young woman in her 20s with a large heart and a small wallet who tries to manage her family, a job, a relationship, a social life and her absent, belligerent father. Fiona's human traits — her impulsiveness, her perpetual exhaustion, her dirty sense of humour — only make her life all the more relatable.



THIS IS US

Kate Pearson

Kate (**Chrissy Metz**), who struggles with feelings of low self-esteem, seems an ideal heroine for this list. She manages the good feelings and the bad as they come; she is often insecure and occasionally hot-tempered, but she is passionate about nurturing her new relationship, and is a loyal, steadfast support to her twin brother.

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- 2 Halsey Steinfeld ft. Zedd & Grey Starving
- 1 Ariana Grande Side To Side

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INEQUALITY

Report looks at gender imbalance in film and TV directing

The number of male directors working in Canadian film and TV "is alarmingly disproportionate," suggests a new report, which calls for an industry-wide shift to fix the gender imbalance.

Amanda Coles, author of the report for the Canadian Unions for Equality on Screen, says gender equality needs to be put at the centre of the mandates of all major film and TV institutions.

"There is no one basket of solutions that's going to move

this forward and we need foundational change," says Coles, who calls for action from leaders at the Canada Media Fund, Telefilm Canada and the CRTC.

"I know that sounds trite, but this is a very complicated, deeply rooted social problem in sexism and racism, and so we need to go at this from a number of levers."

The report is a followup to 2013's Focus on Women study, a quantitative workforce analysis featuring data on gender inequality

4%

Proportion of females that direct major Hollywood feature films.

ities within the screen-based industry. The new report is more qualitative, focusing on directors in the Canadian film and TV industries with the aim of finding

out why inequalities exist and providing solutions.

In February 2015, Coles interviewed 18 directors — seven men, 11 women — with different levels of experience and work across a wide range of genres. She found that stereotypes around women's leadership disadvantaged them in key roles in film and TV.

"So when you think 'director' you think male," she says, noting one director told her, "they

never say we're getting a straight white guy to come in next week, we just assume that there's a straight white guy. He's wearing a baseball cap, he's wearing Levi's." That's the assumption of a director.

Coles notes that the pathways into directing are male-dominated, resulting in a "systemic advantage" for "white men" when it comes to hiring and financing in film and TV.

"Men are seen to be a less risky

investment for directing than female directors," says Coles.

"When you look at the proportion of female directors in things like shorts, independent features, it's much higher. When you get to episodic television and then major feature films — by the time you get to major feature films, it's four per cent."

That four per cent figure was an analysis of major Hollywood, American-financed films shot globally. THE CANADIAN PRESS



In the first season of Discovery's *Frontier*, Captain Chesterfield, played by Evan Jonigkeit, plots with tavern owner and information trader Grace, played by Zoe Boyle. CONTRIBUTED

Plotting and deadly betrayals



JOHANNA SCHNELLER
WHAT I'M WATCHING

THE SHOW: *Frontier*, S1, E2 (Discovery)
THE MOMENT: The Alliance

In the late 1700s, the fur trade monopoly that England has enjoyed in Canada via the Hudson's Bay Company is being threatened by American, Scottish and French interests. Captain Chesterfield (Evan Jonigkeit), a British soldier who just killed a Scotsman for undermining the

HBC, plots with Grace (Zoe Boyle), a tavern owner — and information trader — in Fort James.

"Interesting approach you have to problem solving," Grace says. "I respect a man whose actions are decisive. Have you given our partnership some thought?"

"What do you have in mind?" Chesterfield asks.

She suggests skimming a few bundles of pelts from each shipment that comes into the fort.

"How exactly does this lead to me becoming governor?" Chesterfield asks.

"If you want to be in charge, you'll need money, and plenty of it," she answers. "And you'll need to discredit Lord Benton in the eyes of London."

This Canadian-American co-production is Discovery's first original scripted series. Handsomely made, populated with great-looking, mostly young actors, and knee-deep in blood thanks to near-constant hacking (knives, hatchets, etc.), it clearly

aspires to be a non-fiction *Game of Thrones* (*Game of Furs*?).

But thanks to its many scenes of backroom plotting, its ever-shifting alliances and deadly betrayals, the series *Frontier* reminds me of most is a hyper-real, period version of... *Survivor*.

Imagine the promo: "Survivor 1770: The New World. Count me in."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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WHY I LIKE MY JOB

Véronique Perrin, 34, Mental Health and Addictions Counsellor in Montreal, Que.

One of my best childhood friends lived with a parent who had a co-occurring disorder, which is a combination of a substance abuse problem with a mental health issue, such as depression or anxiety. Just seeing how it affected my friend and her family truly stuck with me. Things eventually got better; however, I still found it troubling that so many others were grappling with mental illness and addiction — with little to no support.

In 2004, I enrolled in the one-year mental health and addiction diploma program at La Cité collégiale in Ottawa. This program helped me to understand how people cope with mental illness, as well as what can be done to help these individuals lead more productive and fulfilling lives. Since 2006, I've been supporting women and youth through their efforts to combat addictions to alcohol, prescription drugs and street drugs.

I'm very proud to work in one of the fastest-growing career sectors in Canada. I love being able to educate teens and young adults, specifically, on important topics such as suicide prevention, anxiety and bipolar disorder. It's important that youth culture knows about people like me, who are compassionate and genuinely care for their wellbeing. We're here to help, listen, observe and provide the appropriate treatment and consultation for clients in crisis.



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Data for this feature was provided by payscale.com, trade-schools.ca, jobbank.gc.ca and onetonline.org.

HOW TO START

Most mental health and addictions programs are offered at the college level, allowing students to participate in field placements and co-ops that teach valuable skills in crisis management, client assessment and therapeutic techniques. However, some employers may exclusively seek candidates with a degree in nursing or occupational therapy. In most cases, organizations will value individuals with prior volunteer experience.

WHERE YOU CAN GO

According to the Government of Canada, one in five Canadians is affected by addiction or mental health problems, whether personally or through a close friend or family member. As such, job opportunities exist in a range of settings including treatment facilities, residential care facilities, mental health agencies, schools, group homes and therapy clinics.

NEXT CAREER STEP

The mental health and addictions field is continuously growing, enabling professionals to specialize in several areas. Many opt to help particular subsets of people. Others see the benefit in pursuing masters-level education in counselling to obtain certification with the Canadian Counselling and Psychotherapy Association, which connects experienced counsellors with development opportunities.



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ISTOCK

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Real Madrid has extended Cristiano Ronaldo's contract until June 2021, when the three-time world player of the year will be 36



Dak's all that for 'Boys

NFL

Dallas off to best start since 2007 behind rookie QB

America's Team is looking more and more like Dak Prescott's.

The rookie quarterback threw three easy touchdown passes and kept any talk about Dallas playing Tony Romo unnecessary, leading the Cowboys to a 35-10 rout on Sunday over the winless Cleveland Browns.

Rookie Ezekiel Elliott rushed for 92 yards and scored twice, and durable veteran tight end Jason Witten had 134 yards receiving for the Cowboys, off to their best start since 2007.

Prescott has won seven straight starts since losing the season opener, and with the Cowboys (7-1) leading the NFC East and getting better, there's no reason for the team to accelerate Romo's return from a back injury.

Romo practised earlier this week and is looking at a return at some point this season.

However, the way Pres-



Dak Prescott threw for 247 yards and three TDs on Sunday. GETTY IMAGES

+ AT BALTIMORE

Ravens smother Big Ben

Joe Flacco threw a 95-yard touchdown pass to Mike Wallace, and the Baltimore Ravens frustrated an ineffective Ben Roethlisberger in a 21-14 victory over the Pittsburgh Steelers.

Three weeks after undergoing surgery on his right knee, Roethlisberger returned but looked out of sync for the first three quarters.

cott is playing, the 36-year-old Romo doesn't look as if he'll be back on the field anytime soon.

"We've got a great luxury and wonderful problem to have," Cowboys owner Jerry Jones said. "We've got some real talent at our quarterback position. I think Tony Romo is one of the best quarterbacks that has played this game."

"My real regret would be to have had him here and not win a Super Bowl with him. He's that talented. And then I look at Dak and how he's playing, his future."

"We come in, stay focused and just try to win no matter who's back there."



Cowboys running back Ezekiel Elliott dives into the end zone for one of his two touchdowns against the Browns on Sunday in Cleveland. JASON MILLER/GETTY IMAGES

I just don't have a problem with this situation."

As the Cowboys wrestle with success, the Browns (0-9) are plunging to new depths.

They've dropped a franchise-record 12 straight going back to last season and lost 19 of 20 — also a team record. Cleveland, which also started 0-9 in 1975, is 3-27 in its past 30 and the Browns are the first team since the 1964 Denver Broncos to allow at least 25 points in their first nine games.

"We're not going 0-16," linebacker Christian Kirksey said. "I don't know if I'm supposed to say this, but we're not going winless."

The Browns gained just 28 total yards in the second half when they were overmatched on both sides of the ball by the Cowboys. THE ASSOCIATED PRESS

NHL

Oilers get two points in Motown

Ryan Nugent-Hopkins scored a go-ahead goal late in the second period on an assist from Connor McDavid, giving the Edmonton Oilers a 2-1 win over the Detroit Red Wings on Sunday.

Edmonton's Jonas Gustavsson made 22 saves and Tyler Pitlick scored a tying goal for the Oilers late in the first period.

The Pacific Division-leading Oilers have won two straight, playing their first set of back-to-back games this season, after losing three in a row.

SUNDAY In Detroit

2	1
OILERS	RED WINGS

Justin Abdelkader put the Red Wings up 1-0 midway through the first period on a power play, and Jimmy Howard made 26 saves.

Detroit has lost five straight after winning six consecutive games.

McDavid made the go-ahead goal happen, starting with a faceoff he won in the left circle. After the draw, the 19-year-old centre skated toward the net before finding a spot on the bottom of the right circle. McDavid got the puck back, drew three Detroit players, and threaded a pass between two of them to Nugent-Hopkins on the inside of the left circle, where he shot into an empty net. THE ASSOCIATED PRESS



Red Wings defenceman Brendan Smith carries the puck against the Oilers' Benoit Pouliot on Sunday. JOSE JUAREZ/THE ASSOCIATED PRESS

SPEEDSKATING

Canadians win five medals in opener

Canadian short-track speedskaters Charle Cournoyer and Samuel Girard won gold and silver respectively in the men's 1,000 metres at a World Cup in Calgary on Sunday.

Cournoyer from Boucherville, Que., and Girard from Ferland-et-Boileau, Que., duelled for the lead throughout the race at the Olympic Oval and high-fived each other after crossing the finish line.

Jamie MacDonald of Fort St. James, B.C., earned silver in the



Charle Cournoyer, left, and Samuel Girard. GETTY IMAGES

women's 500 metres.

The host Canadian team won a total of five medals in the season-opener in Calgary.

THE CANADIAN PRESS

IN BRIEF

Murray caps rise to No. 1 with Paris Masters title

Celebrating the best season of his career, Andy Murray cemented his rise to No. 1 by beating John Isner 6-3, 6-7 (4), 6-4 Sunday to win the Paris Masters for the first time.

It was his eighth title this year, his 14th in Masters overall.

Murray will officially replace Novak Djokovic at the top of the rankings when they are published on Monday.

THE ASSOCIATED PRESS

NBA

Poor-shooting Raps lose to Kings

An off night for DeMar DeRozan and the absence of Jonas Valanciunas spelled trouble for the Toronto Raptors on Sunday.

DeRozan saw his streak of consecutive 30-plus point games end at five, scoring 23 points in the Raptors' ugly 96-91 loss to Sacramento Kings.

Former Raptor Rudy Gay led the Kings (3-5) with 23 points.

The Raptors (4-2) shot just 36 per cent on the night, and just 24 per cent from three-point range.

SUNDAY In Toronto

96	91
KINGS	RAPTORS

Toronto sorely missed Valanciunas, especially his presence on the boards. The Lithuanian centre, who's listed as day to day, suffered a contusion on his knee earlier in the week.

THE CANADIAN PRESS

Rampant Reds rout Watford to go top

PREMIER LEAGUE

Klopp's men hit Hornets for six to extend unbeaten run

Liverpool charged to the top of the Premier League table for the first time since May 2014 by beating Watford 6-1 on Sunday.

Sadio Mane, Philippe Coutinho and Emre Can all scored in the space of 16 first-half minutes at Anfield. Roberto Firmino, Mane and Georginio Wijnaldum added further goals in the second half.

Although Daryl Janmaat's consolation denied Liverpool a clean sheet, the club is on the right path to challenge for its first title since 1990, having been pipped at the post in 2014. Liverpool, which has now scored four or more goals in five league matches this season, is a point in front of Chelsea and two ahead of Manchester City and Arsenal.

"We are still early in our development and there are a lot of things we can improve," Liverpool manager Jurgen Klopp said.

Liverpool are now on a 12-game unbeaten run in all competitions. Coutinho whipped in a cross that Mane reached ahead of Daryl Janmaat to steer a flicked header beyond Heurelho Gomes and open the scoring.

Coutinho was on target him-



Sadio Mane, left and Philippe Coutinho join goalscorer Roberto Firmino in celebrating his goal in the second half against Watford on Sunday in Liverpool, England. PAUL ELLIS/AFP/GETTY IMAGES

self on the half-hour. Liverpool went from right to left and Firmino fed Coutinho, who side-stepped Janmaat and drilled an attempt between Younes Kaboul's legs and past Gomes.

The Hornets' keeper injured himself trying to make the save so Costel Pantilimon came on to try and stop the rout that was unfolding. Pantilimon could only watch as Adam Lallana's 43rd-minute cross was nodded in by

Can, one of four Liverpool players in the box awaiting the delivery. The second half followed a similar pattern as Liverpool increased its lead and the fourth goal again stemmed from a set piece.

Coutinho's free kick came to Jordan Henderson out on the left and he played in Lallana to cross for Firmino, who was left with the simple task of applying the finish in front of goal. Some brilliant work from

+ DIVISION TABLE

	W-D-L	GD	Pts
Liverpool	8-2-1	16	26
Chelsea	8-1-2	17	25
Man. City	7-3-1	15	24
Arsenal	7-3-1	13	24
Tottenham	5-6-0	9	21
Man. United	5-3-3	3	18
Everton	5-3-3	2	18
Watford	4-3-4	-4	15
Burnley	4-2-5	-4	14
Southampton	3-4-4	0	13
West Brom	3-4-4	-3	13
Stoke City	3-4-4	-5	13
Bournemouth	3-3-5	-3	12
Leicester	3-3-5	-5	12
Middlesbrough	2-5-4	-2	11
Crys. Palace	3-2-6	-3	11
West Ham	3-2-6	-9	11
Hull City	3-1-7	-14	10
Swansea	1-2-8	-11	5
Sunderland	1-2-8	-12	5

Champions League
Europa League
Relegation

Firmino led to the fifth. He chased down Henderson's pass into the box and beat Jose Holebas to the ball, then held it up long enough to spot Mane's run. The Senegalese was the grateful recipient of Firmino's assist.

Wijnaldum completed the rout in stoppage time after fellow substitute Daniel Sturridge, who was twice denied by the crossbar, had an effort saved.

THE ASSOCIATED PRESS

MLS CUP PLAYOFFS

Piatti's brace sends Red Bulls packing

Ignacio Piatti scored two goals in the second half to lead the Montreal Impact to a 2-1 win over the New York Red Bulls in the second leg of the MLS's Eastern Conference semifinal series Sunday.

With the win, the Impact advanced to MLS' Eastern Conference championship, where they will meet Toronto FC. It's the first time in MLS history a Canadian team has reached the Conference championship round.

The Impact had won the first leg 1-0 at Stade Saputo on Oct. 30 before winning the series 3-1 on aggregate Sunday. Against the second-



Ignacio Piatti GETTY IMAGES FILE

+ MORE SCORES

NYCFC 0, Toronto FC 5 (Toronto wins 7-0 on agg.)
Col. Rapids 1, LA Galaxy 0 (1-1 on agg. CR win 3-1 on pens)
*FC Dallas v Seattle
Sounders *SUNDAY'S LATE GAME

highest scoring team in the regular season the Impact employed a version of hockey's neutral zone trap to force New York to play on the perimeter, instead of the middle of the pitch.

While the Red Bulls outshot Montreal 17-7 and were even on shots on target (4-4), few shots were dangerous until Bradley Wright-Phillips' goal in the 77th minute. THE CANADIAN PRESS

IN BRIEF

McCarron sees off Byrum to win Virginia PGA event

Scott McCarron made a birdie putt on the first extra hole Sunday and beat Tom Byrum to win the second of three PGA Tour Champions playoff events.

McCarron and Byrum both shot 3-under 69s in regulation to finish at 13-under on the James River Course at The Country Club of Virginia. Byrum created the tie with a birdie at the 16th hole.

THE ASSOCIATED PRESS

Ireland finally beat the All Blacks to end 111-year wait

Ireland repelled an extraordinary second-half rally to shock New Zealand 40-29 and post their first win over the All Blacks in 29 matches spanning 111 years on Saturday.

New Zealand rallied from 30-8 down after 47 minutes to close within four points at 33-29 when centre Robbie Henshaw broke their line for Ireland's fifth and match-winning try in the 76th minute.

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RECIPE Slow Cooker Chicken Stew



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

A few minutes of prep in the morning means you'll be home to this quintessentially comforting fall dinner.

Ready in 6 hours 10 minutes

Prep time: 10 minutes
Cook time: 6 hours 10 minutes
Serves 4

Ingredients

- 6 chicken thighs
- 1 potato, peeled and cubed
- 1 Tbsp vegetable oil
- 2 onions, chopped
- 4 stalks celery, chopped
- 2 carrots, peeled and chopped
- 1 Tbsp fresh thyme (1 tsp dried)
- 1 or 2 bay leaves
- 1/4 cup flour
- 2 cups low-sodium chicken stock
- 1 cup fresh or frozen peas
- 1/2 cup light cream

Directions

1. In a Dutch oven or high-sided skillet, sauté onions, celery and carrots in splash of vegetable oil for about five minutes.

2. Add flour, thyme and bay leaves and stir for a minute. Add stock and stir until smooth. Simmer for 3 or 4 minutes until sauce thickens.

3. Add the potatoes and good pinch of salt and pepper.

4. Place chicken thighs in the bottom of slow cooker and spoon the vegetable mixture over. Seal and set for 6 hours.

5. Add peas and cream and cook for 10 more minutes. Serve plain or over mashed potatoes.

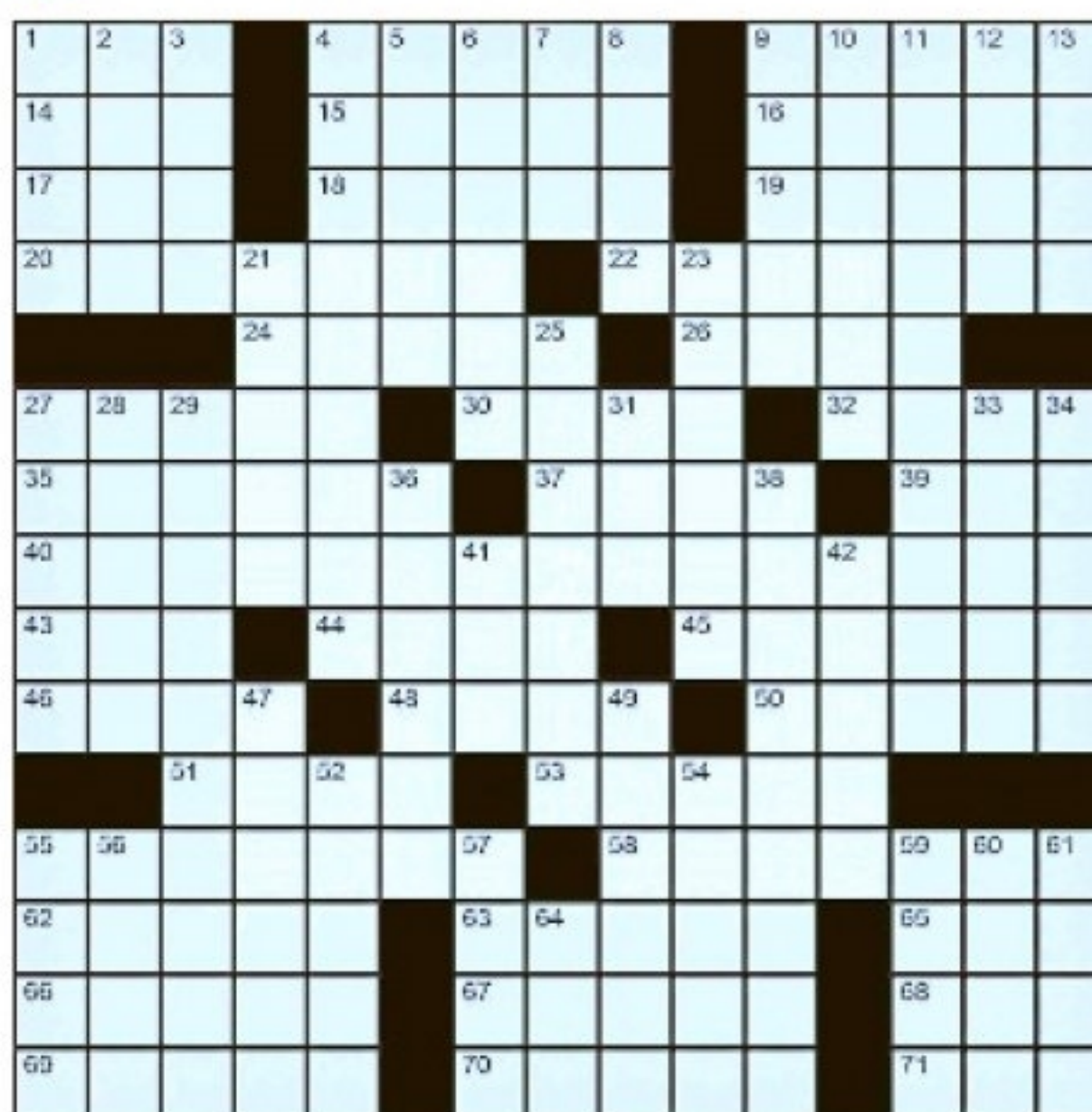
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Pea's packaging
- ___ and pains
- Changes for another
- ___ Red (Apple)
- Harsh
- Phone-call-getter's first word
- Canuck ID
- Queen Elizabeth's fave dog
- Permit
- Ms. Locklear of "Melrose Place"
- They're loaded with goods and lifted with forklifts in warehouses
- ___ Walker & Sons Limited (Canadian distillery based in Windsor)
- Garden pest
- Nova Scotia's ___ Trail
- New York baseball player, for short
- Brooches
- ___ beck and call
- Maraud
- Montreal restaurant garlic
- CBC sitcom about a Korean-Canadian family in Toronto: 2 wds.
- Diplomatic bldg.
- Maple ___
- Awkward, to the Aristocracy
- Mr. Penn
- Singer Ms. Clarkson, et al.
- Hellenic language
- Roast, in Quebec City



- bec City
- Repetition mark, in music
- 'H' of HBC
- Farm's morning caller
- Bird-related
- Helps in a heist
- Rapscallion

- Canadian hockey great Cam
- Mound of the Bible
- Mug part
- Pub game
- Leaves in text in editing
- Sci-Fi life forms

DOWN

- "That's silly!"
- Garfield's dog pal
- Ms. Bash, CNN Chief Political Correspondent
- Building designer
- Dove, for one

- "Yahoo!"
- One of a cartoon's dozen
- Transport
- "___ we dance?"
- Become teary-eyed: 2 wds.
- Loyalty
- Conspire
- Scatters seeds

- Tunas, in Quebec City
- Inquiring
- Wonders
- Special occasion sweats
- "___ for Killing" (1967) starring Canadian actor Glenn Ford
- Canadian aircraft manufacturer
- Scottish refusal
- Specialized calling, as in business
- Streamlined
- "The Social Network" (2010) screenplay writer, Aaron ___
- Doctor's determination
- Socialite's 'born'
- Across-the-Pond moneys
- What an empty table shaker has in it, perhaps: 2 wds.
- Calm
- Broadway awards
- Annoyed: 2 wds.
- Round of applause
- Iris spot
- Ms. Jordan
- Canadian ___ (Chain store)
- Send forth
- Spinning stats
- Fragment

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day to enjoy the company of others, especially friends or members of groups. A female acquaintance, in particular, will be a positive encounter. Be friendly!

Taurus April 21 - May 21
Ask for what you want from others today, because you make a fabulous impression on bosses, parents and VIPs. (They might want to ask personal questions about you.)

Gemini May 22 - June 21
Travel for pleasure will delight you today. Do anything that gives you a sense of expanding your horizons and learning more about the world. Why not?

Cancer June 22 - July 23
Keep your pockets open, because you can benefit from the wealth and resources of others today. Someone might offer you cash, favors or a gift. Just say "Thank you!"

Leo July 24 - Aug. 23
This is great day to schmooze with others, including members of the general public. Relations with a close friend or partner also will be positive and expand your world in some way.

Virgo Aug. 24 - Sept. 23
Work-related travel will please you today because you will learn something new and different. Ultimately, this could lead to increased earnings for you. Yes!

Libra Sept. 24 - Oct. 23
This is a playful day! Enjoy social outings, sports events, coy flirtations, fun activities with children and anything to do with the arts. Lucky you!

Scorpio Oct. 24 - Nov. 22
You will see ways to make improvements at home or perhaps improvements to family relationships. You also will feel content to be at home among familiar surroundings.

Sagittarius Nov. 23 - Dec. 21
This is a strong day for writers and salespeople, because your communication skills are upbeat and positive. People want to be in your presence.

Capricorn Dec. 22 - Jan. 20
Look for ways to boost your income today, because they exist. In general, this is a great day for business and commerce.

Aquarius Jan. 21 - Feb. 19
Today the Moon is in your sign, working well with other planets. You feel content, confident and ready to work. Not only is it easy to be happy today, it's easy to work hard. Great combo!

Pisces Feb. 20 - March 20
You won't mind working alone or doing research today. Do something to reward yourself later.

CONCEPTIS SUDOKU by Dave Green

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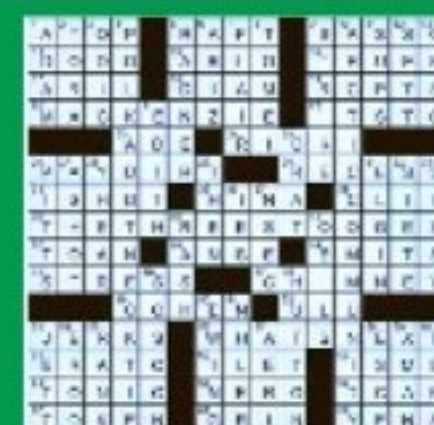


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